



What is a cough?



Sometimes the body coughs when something irritates the throat.



Sometimes the body coughs when something is bothering the airway.



The nerves in the body send a message to the brain.



The brain tells the body to push air out of the lungs to clear the throat and airway.



This is good as it can help to keep us healthy.



When might someone cough?



food may be stuck and need help to move properly.



after exercise



after a drink



as a stim



a health reason



feeling unwell



nervous



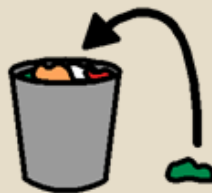
something else



When I feel a cough coming on a should...



cough into a tissue.



put the tissue in the bin



If I do not have a tissue, I should cough into my arm,



then wash my hands

